# **Find That Food!**

## **Activity Goal:**

To expose children to the different food groups and identify which foods belong in which group.

## **Activity Description:**

This is a timed game involving matching specific foods to their appropriate food groups. The first team to get all foods placed in their correct groups wins.

### **How the game works:**

- → the students will be divided into groups (4-6 per group)
- → each group will be given a poster board which they will divide into 4 quarters and label: fruits & veggies, grains, dairy, meats/beans/nuts
- → each group will then be given a variety of foods placed on cards
- → the groups will all start the activity when you say "go" and the group that puts all the foods in the appropriate food groups first wins
- → at the end tell the students to look at the food in the different groups and explain that it is important that they choose foods from all the groups every day

#### **Guide for 'Find That Food'**

Task Description	Lead Time	Completion Date	Person(s) Responsible
<b>★</b> Become familiar with this task	3 months		You
* Ask your principal for the contact information of the middle school principal in your area	3 months		You
* Contact the middle school principal and explain the activity	3 months		You
* Ask if they can recommend a teacher with whom you can work and get that persons contact information			
* Contact the teacher and explain the activity; if the teacher seems open to the idea finalize a date for the activity	3 months		You
<b>★</b> Purchase any necessary materials and print off the My Pyramid for Kids Go Fish cards	1 month		You
<b>★</b> Prepare the go fish cards	1 week		You
<ul> <li>Bring the poster board, markers, and cards to the classroom</li> <li>Explain the activity to the</li> </ul>	Day of the activity		You

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## **Detailed Steps:**

- 1. Ask your principal for permission for the contact information of the middle school principal in your area
- 2. Contact the middle school principal and explain that your are involved with team nutrition and tell them about the activity
  - a. at this time ask if they can recommend a teacher with whom you can work and get that persons contact information
- 3. Contact the teacher and explain the activity; if the teacher seems open to the idea ask for a date and time that the teacher would prefer you do the activity and finalize it
  - a. ask for the number of students in the class so you know how many groups you will have
  - b. ask the teacher if they have markers/poster available for you to use or if you should supply your own
- 4. If the above materials are not available to you you will need to purchase enough poster board to have one for each team (get markers at this time if necessary) keep all you receipts!
  - a. Print off the My Pyramid for Kids Go Fish cards found at: the cards can be found and printed off at:
    - i. http://teamnutrition.usda.gov/resources/go-fish.pdf
    - ii. (When you cut the cards you will need to cut off the food group that is listed ©)
    - iii. Again remember to keep your receipts!
- 5. Bring the poster board, markers, and cards to the classroom
- 6. Explain the activity to the students and split them into groups and hand out all the necessary materials
- 7. Say "go" to start the activity; ask the classroom teacher if they will help you monitor which groups gets it correct first; declare the winner
- 8. Discuss why you did the activity and stress how important it is that the students pick foods from all the different groups every day

- 9. Clean up and thank the teacher
- 10. Submit any receipts you have to be reimbursed